



Raisin Bran Cereal Muffins

INGREDIENTS

1/4 cup vegetable oil
1 1/2 cups raisin bran cereal
3/4 cup milk
1/2 cup whole-wheat flour
1/2 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt

1 large egg, lightly beaten
1/4 cup packed dark-brown sugar

Optional

1/8 cup chopped pecans
1 tsp. honey

DIRECTIONS

1. Preheat oven to 400. Lightly grease standard muffin tin for 9 muffins.. In a small bowl, combine cereal and milk; let stand until softened, about 5 minutes. In a small bowl, whisk together flours, baking powder, cinnamon, and salt.
2. In medium bowl mix oil, egg, and sugar together. Add the cereal mixture. Fold in flour mixture. Divide batter among cups. If desired mix chopped pecans with honey and place on

top of muffins.

3. Bake until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in muffin tin 5 minutes, then turn out onto a wire rack; let cool completely, or serve warm.

Yield: 9 Muffins

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